



Peanut Butter Bars VI



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



318 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 0.5 cup plus
- ☐ 3 cups cornflakes cereal crushed
- ☐ 1 cup peanut butter
- ☐ 1 teaspoon vanilla extract

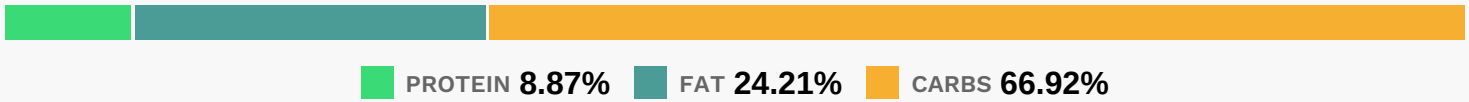
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan stir together the brown sugar and corn syrup. Cook over medium heat until the mixture comes to a boil.
- ☐ Remove from heat and stir in the peanut butter and vanilla until smooth. Fold in the cornflakes until they are all evenly coated. Press evenly into a 9x13 inch pan, chill and cut into squares.

Nutrition Facts



Properties

Glycemic Index:2.2, Glycemic Load:2.08, Inflammation Score:-8, Nutrition Score:21.00652151733%

Nutrients (% of daily need)

Calories: 318.48kcal (15.92%), Fat: 9g (13.85%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 55.99g (18.66%), Net Carbohydrates: 53.6g (19.49%), Sugar: 18.62g (20.69%), Cholesterol: 0mg (0%), Sodium: 426.83mg (18.56%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 7.42g (14.85%), Iron: 14mg (77.77%), Vitamin B3: 10.76mg (53.81%), Vitamin B6: 0.92mg (46.25%), Folate: 183.75µg (45.94%), Vitamin B1: 0.66mg (44.3%), Vitamin B2: 0.75mg (44.25%), Vitamin B12: 2.37µg (39.43%), Vitamin A: 845.09IU (16.9%), Manganese: 0.33mg (16.73%), Vitamin C: 9.94mg (12.04%), Magnesium: 48mg (12%), Vitamin D: 1.7µg (11.36%), Vitamin E: 1.62mg (10.82%), Phosphorus: 106.73mg (10.67%), Fiber: 2.39g (9.55%), Copper: 0.17mg (8.39%), Selenium: 4.76µg (6.79%), Zinc: 0.96mg (6.41%), Potassium: 181.89mg (5.2%), Vitamin B5: 0.3mg (2.96%), Calcium: 15.34mg (1.53%)